## There are so many things to do besides using tobacco

## LOOK AT WHAT ALL YOU CAN DO

- 1. Read a book
- 2. Listen to music
- 3. Walk the dog
- 4. Talk to a friend
- 5. Swim
- 6. Drink a cool glass of water
- 7. Start a journal or scrapbook
- 8. Wash and wax the car
- 9. Go for a walk or jog
- 10. Listening to a relaxation CD
- 11. Try painting/redecorating your room
- 12. Treat yourself to an afternoon of shopping with friends
- 13. Read a magazine
- 14. Teach the dog a new trick
- 15. Go fishing, hunting, or camping
- 16. Take a nap
- 17. Go to a museum
- 18. Work in the garden
- 19. Work around your home
- 20. Practice yoga
- 21. Play video games
- 22. Go out to eat
- 23. Watch a softball game
- 24. Learn karate or judo
- 25. Play tennis
- 26. Try skateboarding
- 27. Meditate

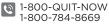
- 30. Go to the movies
- 31. Go to a library or bookstore
- 32. Start writing (journaling, letters-to-the-editor, poems or books)
- 33. Join a group or club
- 34. Learn how to cook or bake
- 35. Having your best friend over for dinner or to watch movies
- 36. Play soccer
- 37. Make up your own hip hop dance
- 38. Solve puzzles (crossword or Sudoku)
- 39. Have a picnic with friends
- 40. Have a board game night with family or friends
- 41. Play pick-up basketball
- 42. Go bowling
- 43. Bike around your neighborhood
- 44. Go to a garage sale or yard sale
- 45. Get a manicure or pedicure
- 46. Enjoy a nice hike in a park
- 47. Dance, dance, dance
- 48. Grab a healthy snack (apples or carrots)
- 49. Brush your teeth and enjoy that fresh taste
- 50. Laugh at a good joke

For more ideas go to: www.cancer.org/docroot/PED/ content/PED 10 13X Help for Cravings.asp



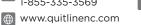
Content source: American Cancer Society. Kicking Butts: Quit Smoking and Take Charge of Your Health. Atlanta, GA. American Cancer Society, 2003.

















NC Department of Health and Human Services • Division of Public Health • Tobacco Prevention & Control Branch • www.tobaccopreventionandcontrol.ncdhhs.gov • NCDHHS is an equal opportunity employer and provider. 4/2021